Physical Education and Athletics

Acting Director: Mark Pietrok
Associate Director: Sharon Sexton
Administrative Specialist: Meg Coryell

Physical education and physical fitness are important aspects of a curriculum that stresses the physical, mental, and social dimensions of the human experience. Integral to a liberal arts education is a recognition of the importance of health and fitness. Therefore, Lewis & Clark offers a comprehensive physical activity program that emphasizes physical fitness and the acquisition of skills and knowledge for lifelong activities.

Facilities
Pamplin Sports Center and Zehntbauer Swimming Pavilion are the major indoor health and fitness facilities on campus. They house an eight-lane swimming pool, a gymnasium with three basketball courts, an extensive fitness center, and an activity room for self-defense, martial arts, and aerobics classes. Locker rooms are available for people participating in classes, recreation, and athletic events. Griswold Stadium, Fred Wilson Field, and Eldon Fix Track feature a lighted, state-of-the-art track and synthetic playing field. The campus has six tennis courts, four of which are covered, that were recently resurfaced. Other facilities include the Huston softball-baseball complex and an outdoor pool, which is open during the summer.

Lewis & Clark also has waterfront docks and storage for sailing and rowing on the Willamette River.

Course Subjects
Specific offerings may include the following:
- aerobics
- badminton
- ballroom dancing
- baseball
- basketball
- bowling
- cross training & core conditioning
- cycling
- fitness walking/jogging
- flag football
- golf
- gym class heroes
- lifeguard training
- martial arts
- personal fitness
- Pilates
- qi gong (chi kung)/meditation
- rock climbing/bouldering
- rowing
- sailing
- scuba diving
- skiing/snowboarding
- soccer
- softball
- step aerobics
- strength and conditioning
- swim fitness
- swimming
- tai chi
- tennis
- ultimate (Frisbee)
- volleyball
- weight training
- women's self-defense
- yoga

Graduation Requirement
Students are required to take two physical education/activity courses as part of Lewis & Clark’s General Education requirements. (http://docs.lclark.edu/catalog/archive/2013-14/undergraduate/graduationrequirements/geralneducation/#physical_education_activitytext) The following physical education and athletics courses meet this requirement:

- PE/A 101 Activities
- PE/A 102 Varsity Athletics
- PE/A 141 Wilderness First Responder
- PE/A 142 Wilderness Leadership

Students may register for only one PE/A 101 Activities course per semester, except in the summer semester, when one course may be taken each session. Up to 4 semester credits earned for the courses listed above may be applied toward total credits required for graduation.

Faculty
David Andrews. Instructor in physical education and athletics, head golf coach. B.S. 1973 University of Wisconsin-Oshkosh.


Ryan Flynn. Director of intramurals, assistant baseball coach, assistant football coach. B.A. 2004 University of Maryland.


Phil Magbanua. Assistant head football coach. B.A. 2000 University of California at Santa Barbara.

Kristian Martin. Assistant director of athletics for information and communication. B.A. 2007 University of North Florida.


Carla McHattue. Instructor in physical education and athletics, assistant track and field coach. B.A. 2006 Lewis & Clark College.


John Stewart. Interim coordinator of physical education and athletics academic support. B.A. 2000 University of Richmond.


Keith Woodard. Instructor in physical education and athletics, director of cross country and track and field. B.S. 1989 Lewis & Clark College.

PE/A 101 Activities
Faculty: Physical Education and Athletics Faculty.
Content: PE/A 101 Activities
Faculty: Physical Education and Athletics Faculty.
Content: Visit go.lclark.edu/physical_education_courses for current course descriptions (including prerequisites and fees for specific offerings). Focus on principles of physical fitness such as safe techniques, conditioning activities, principles of movement, importance of lifetime fitness. Student participation and attendance emphasized. Credit-no credit. May be repeated for credit. Prerequisites: None. Usually offered: Annually, fall, spring, and summer. Semester credits: 1.

PE/A 102 Varsity Athletics
Faculty: Physical Education and Athletics Faculty.
Content: Fall varsity sports: volleyball (W), football (M), cross country (M&W), soccer (W). Spring varsity sports: swimming (M&W), basketball (M&W), tennis (M&W), track and field (M&W), softball (W), baseball (M), golf (M&W), crew (M&W). Credit-no credit. May be repeated for credit. Registration is subject to coaching-staff approval during the add/drop period. Prerequisites: None. Usually offered: Annually, fall and spring semester. Semester credits: 1.

PE/A 141 Wilderness First Responder
Faculty: Yuska (College Outdoors)
Content: PE/A 141 Wilderness First Responder
Faculty: Yuska (College Outdoors)

PE/A 142 Wilderness Leadership
Faculty: Yuska (College Outdoors)
Content: PE/A 142 Wilderness Leadership
Faculty: Yuska (College Outdoors)
Content: Leadership, followership, and decision making in a wilderness environment. Five class meetings and extensive outdoor field experience offering opportunities to develop and test interpersonal and technical skills. Credit-no credit. Fee. Prerequisites: None. Restrictions: Consent of College Outdoors required. Usually offered: Annually, spring semester. Semester credits: 1.
PE/A 340 Prevention and Care of Injuries
Faculty: Pietrok.
Content: Introduction to athletic training, scientific background for conditioning, influence of factors on performance, psychogenic factors in sports, modalities, injury recognition, first aid techniques, protective equipment.
Prerequisites: None.
Restrictions: Sophomore standing required.
Usually offered: Annually.
Semester credits: 4.

PE/A 405 Advanced Athletic Training
Faculty: Pietrok.
Content: Application of scientific foundations, use of therapeutic modalities, evaluative techniques, manufacturing of protective equipment and strapping, clinical experience.
Prerequisites: None.
Restrictions: Sophomore standing and consent of instructor required.
Usually offered: Every third year.
Semester credits: 4.

PE/A 444 Practicum
Faculty: Physical Education and Athletics Faculty.
Content: Independent project developed under the direction of a faculty member. Credit-no credit. May be repeated for credit.
Prerequisites: None.
Restrictions: Sophomore standing and consent required.
Usually offered: Annually.
Semester credits: 1-4.

PE/A 499 Independent Study
Faculty: Physical Education and Athletics Faculty.
Content: Independent topic developed and researched under the direction of a faculty member. May be repeated for credit.
Prerequisites: None.
Restrictions: Sophomore standing and consent required.
Usually offered: Annually.
Semester credits: 1-4.